

Boiled Potatoes

Boiled potatoes are a typical side dish for meats such as roast and steak. Sometimes, boiled potatoes are kept almost raw. Other times, they are almost soft enough to turn into mashed potatoes or potato soup. A potato soup recipe is included below. Fresh from the garden potatoes are sometimes boiled whole. This is especially true of red potatoes, which are rarely peeled or sliced. Sometimes, onions are added to boiled potatoes. One recipe calls for boiling potatoes in a frying pan with onions. Fry boiled potatoes with onions have an interesting taste and texture. Herbs add flavor, as well.

Pre Cook Preparation:

- A. Timer set for preparation time set for 10 minutes before you plan to put the food on the stove
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon bits
- Butter (lactose)
- Ham
- Onions
- Pepper
- Potato
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Knife
- Pot holders
- Spoon
- Pan: 2 quart sauce pan

Ingredients:**Meat:****Optional:**

1/4 cup bacon bits, or
1/4 cup diced ham

Vegetables:

15 ounces of sliced or diced potatoes

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Wash and slice or dice potatoes.
 - * Fresh potatoes will require 45 minutes to 1 hour of cooking time.
 - Dice optional:
 - 1/4 cup bacon bits
 - 1/4 cup ham
2. Add to a 3 quart sauce pan:
 - 1 tablespoon of butter
 - 15 ounces of sliced or diced potatoes
 - Dash of salt
 - Spices, such as pepper, to taste
 - Enough water to cover sweet potatoes
 - Optional:
 - 1/4 cup bacon bits, or
 - 1/4 cup diced ham
3. Cook over medium heat.
4. Stir every 10 minutes, turn heat down 1/3 each time.

Cook Temperature: Medium to low

Cook Time: 30 minutes

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.